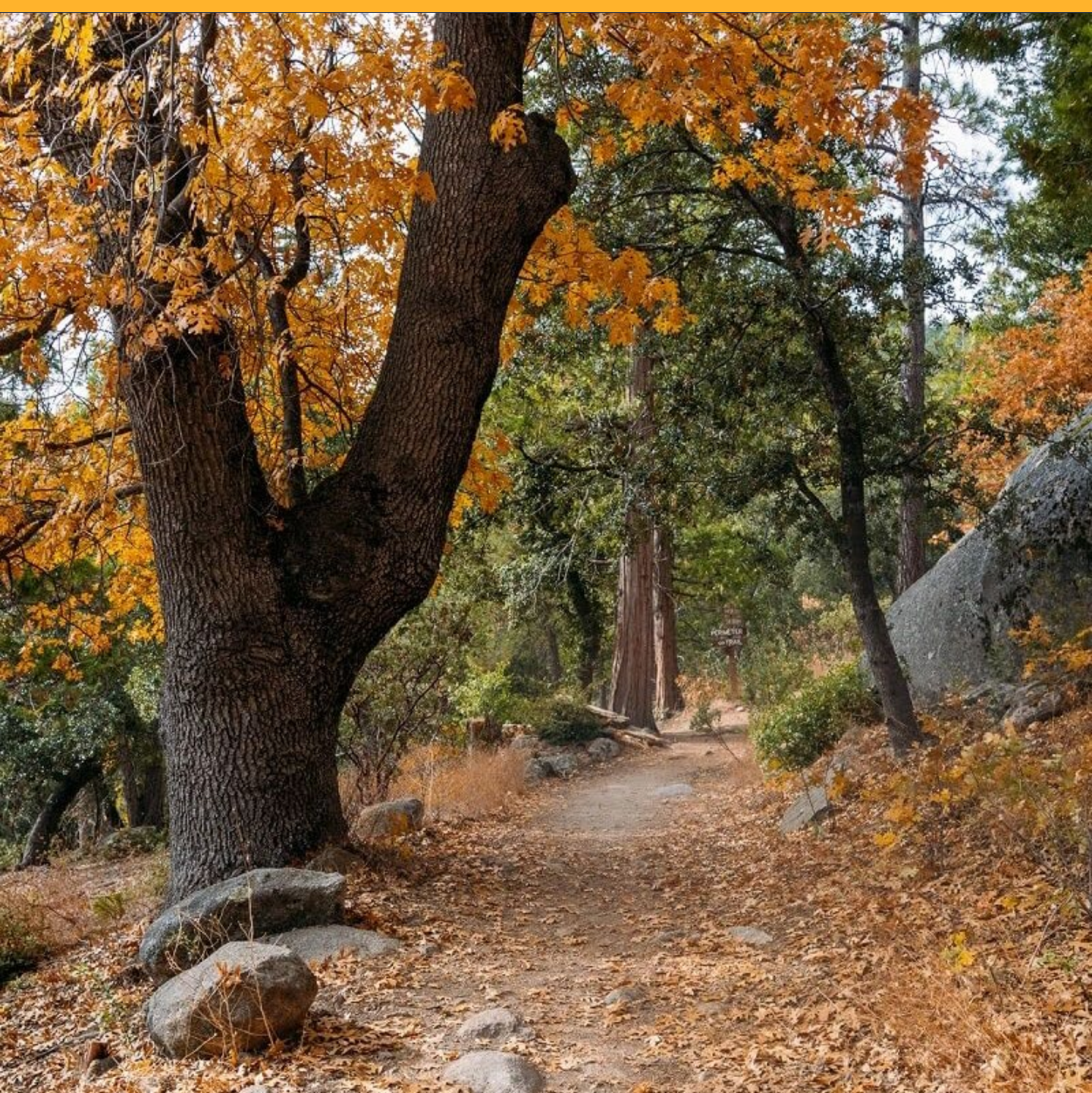




RIVCO REPLAY – Bleeding Control / Animal and Insect Encounters / Distracted Driving / Emergency Communication / Ergonomics: Blue Light & LED

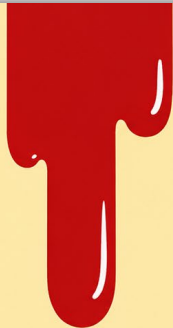


Bleeding Control

Know what to do when seconds matter

A serious injury can happen anywhere—at work, at home, on the road, or in the community. When severe bleeding occurs, taking quick action can make a critical difference while emergency medical services are on the way.

How to Identify Life Threatening Bleeding

		
NON-LIFE THREATENING	POTENTIALLY LIFE-THREATENING	LIFE-THREATENING
Slow trickle	Steady slow flow Dark red color	Spurting or pulsating blood Bright red color

Why Does This Matter?

A bleeding emergency can happen anywhere and without warning. Severe blood loss can become life-threatening in less than five minutes, making quick action critical. Knowing how to recognize life-threatening bleeding and provide basic care can help you respond until emergency medical services arrive.

When every second counts, knowing what to do can help save a life.



SafetyDivision@rivco.org



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RIVCO 1HR
safety loss control *division*

Topic Continued

STEPS OF CARE

Check the scene

Make sure the area is safe before approaching.
Use appropriate PPE such as gloves, if available

Call 911

Call 911 or have someone else call. Get a first aid or bleeding control kit, if available.

Apply Direct Pressure

Find the source of the bleeding and apply firm, steady pressure with a dressing or clean cloth.

Tourniquet

For life-threatening bleeding from an arm or leg, a tourniquet may be needed.
Proper training is very important.

GET TRAINED. BE PREPARED.

Reading about bleeding control is a great start, but proper training builds confidence. American Red Cross training teaches you how to recognize and respond to life-threatening bleeding.



LEARN

How to identify life-threatening bleeding and take immediate action.



PRACTICE

Hands-on practice helps you build skills and confidence.



BE READY

You never know when you may be the one someone depends on.



Contact Safety Loss Control to learn more about available training.

RIVCO 1-HR
safety loss control division

Animal and Insect Encounters

Know the Signs. Avoid the Encounter. Stay Safe.

Whether you work outdoors, in the field, or around county facilities and open land, encounters with wildlife and insects are becoming more common. Knowing what to look for and how to respond keeps everyone safer on the job.



WILDLIFE HAZARDS

- ✗ Deer, coyotes, and other animals near roadways and site perimeters
- ✗ Snakes in woodpiles, brush, and undisturbed material stacks
- ✗ Aggressive or territorial animals if approached or startled
- ✗ Distractions that can lead to a separate incident



INSECT & TICK HAZARDS

- ✗ Bees, wasps, hornets, and yellowjackets, especially in warmer months
- ✗ Ticks and mosquitoes in brush, tall grass, and wooded areas
- ✗ Fire ants in mulch, disturbed soil, and open ground
- ✗ Spiders and insects in storage areas, attics, and mechanical rooms



BEFORE YOU START

- ✓ Inspect the work area for nests, hives, burrows, or animal activity
- ✓ Check roof lines, utility boxes, equipment, and ground holes
- ✓ Keep areas clean; food waste and trash attract bees and wasps
- ✓ Wear light-colored clothing that covers exposed skin



IF IT HAPPENS

- ✓ Stay calm. Do not attempt to approach.
- ✓ Remove a bee stinger quickly; get clear of wasps, which can sting repeatedly
- ✓ Remove ticks with fine-tipped tweezers, pulling straight out
- ✓ Report every bite, sting, or wildlife encounter to your Supervisor.



WATCH FOR A SEVERE ALLERGIC REACTION

Call 911 immediately for difficulty breathing, swelling of the face or throat, chest pain, dizziness, hives spreading beyond the sting site, or loss of consciousness.

Workers with a known severe allergy should carry a prescribed epinephrine auto-injector on site and tell their supervisor before the job starts.



Inspect First. Stay Calm. Report Every Encounter.

Know Your Environment



- Wildlife is most active at dawn and dusk. Stay especially alert during these hours.
- Coyotes, rattlesnakes, bobcats, and mountain lions are present across the county.
- Watch for animals crossing the road when driving between sites, especially rural or undeveloped routes.

Prevention Strategies



- Wear appropriate PPE (gloves, boots, eye protection..etc) when working in brush or animal habitat.
- Consider installing physical barriers or deterrents- fencing, netting, or sealed building entry points.
- Clear debris, tall grass, and standing water that create hiding spots near work areas.

Takeaways



- Do not approach or attempt to handle wildlife.
- Notify your supervisors or designated personnel after any wildlife encounter or if an injury occurs.
- Understanding the risks of animal and insect encounters and following prevention strategies helps keep you safe.
- Stay informed about local wildlife patterns and behaviors and take precaution.

Keep your Distance. Stay Calm. Report.

Distracted Driving

Distracted driving is any activity that diverts attention from driving, including **talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system.**

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

Did you know there were over 315,000 people injured in 2025 due to Distracted Driving?

The consequences of distracted driving are real. Employees face a higher chance of accidents, which results in loss of productivity, increased expenses, and liability for you. According to OSHA, motor vehicle crashes cost employers approximately **\$60 billion per year** when you factor in medical care, legal expenses, and property damage—in addition to the lost productivity.

When we think about distracted driving, texting or making phone calls top the list. However, driving distractions aren't limited to the use of a mobile phone.

What employees need to do to avoid distracted driving

The most effective prevention is to simply turn off the phone while driving. An alternative is to pull over, find a safe spot, and stop the car before using a mobile device.

Additional ways to prevent distracted driving include:

- Tie up loose ends at work before you leave the office so that you don't dwell on them on the road.
- Fully dress and groom before you leave.
- Eat meals or snacks before or after your trip.
- Adjust seats and mirrors before you leave.
- Try to limit adjusting the radio, heat, and air conditioning.

If you are a **passenger**, you can help the driver by assisting with navigation. You can also volunteer to handle any calls, texts, and vehicle controls (such as radio volume or environmental controls).

TYPES OF DISTRACTED DRIVING

VISUAL



TAKING YOUR EYES OFF THE ROAD

MANUAL



TAKING YOUR HANDS OFF THE WHEEL

COGNITIVE



TAKING YOUR MIND OFF DRIVING



CALIFORNIA LAW REMINDER

It is illegal to use a handheld mobile phone or device while driving in California.

This includes talking, texting, emailing, browsing, or any manual operation.

Handheld = Hands Off. Eyes on the Road.





EMERGENCY COMMUNICATIONS

Every Message Matters

During an emergency, timely and accurate communication helps employees take protective action and supports an organized response. Depending on the incident and worksite, information may be shared through radios, phones, public-address systems, emergency alerts, or instructions from supervisor's and designated emergency personnel.

PHONES

- Keep County-issued phones charged and accessible.
- Answer or review emergency messages promptly.
- Avoid unnecessary calls during an emergency.
- Know your departments backup communication method.

ALERT SYSTEMS

- Read or listen to the entire alert.
- Follow instructions immediately.
- Confirm receipt when requested.
- Rely on official updates, not rumors or unverified messages.

TWO-WAY RADIO COMMUNICATIONS

Departments may use handheld, vehicle-mounted, or base-station two-way radios operating on the Public Safety Enterprise Communication (PSEC) system or other department-authorized radio systems.

- Use the assigned channel and call signs.
- Identify yourself and your location.
- Keep messages brief, clear, and factual.
- Confirm that the message was received.
- Follow department-specific radio procedures.
- For information regarding PSEC operations, contact the Emergency Management Department (EMD) at 951-358-7100.

ALERT RIVCO: Stay Informed

Alert RivCo warns Riverside County residents and businesses about wildfires, floods, hazardous-material incidents, severe weather, and certain law-enforcement events. Mobile and VoIP numbers must be registered by the user. Sign up and maintain multiple ways to receive emergency information.

[Alert RivCo | County of Riverside Emergency Management Department](#)

WHEN YOU RECEIVE AN EMERGENCY MESSAGE:

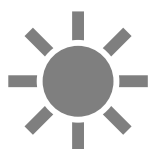
STOP → READ OR LISTEN → FOLLOW INSTRUCTIONS

CONFIRM WHEN REQUESTED. Call 911 for immediate police, fire, or medical assistance

WHAT IS BLUE LIGHT?

The light bulb was invented in 1878, followed by the fluorescent bulb, and then the light emitting diode bulbs, or LEDs. LEDs use a blue light source encased with a phosphor coating to emit white light.

Blue light is a high-energy portion of visible light, with wavelengths of roughly 400-500 nanometers. It occurs naturally in sunlight and is also emitted by LEDs, smartphones, computers, tablets, and other digital screens.



Sunlight – the main natural source



Light-emitting diode (LED) Lights



Phones and tablets



Computer and TV screens



Due to their low energy consumption, durability, and longevity, (LED) bulbs are the preferred lighting in today's homes and offices throughout Riverside County buildings.

THE POTENTIAL IMPACTS OF BLUE LIGHT & LED LIGHTING



Can Affect Sleep: Many white LEDs have substantial blue wavelengths, particularly cool/bright LEDs.



Flicker: Some LED bulbs use drivers that can produce flicker, which may cause headaches, eye strain, or discomfort in sensitive people.



Harsh/Cold Appearance: High-color-temperature LEDs can feel overly bright or unpleasant compared with warmer lighting.



Glare: LEDs are small, intense light sources and can produce uncomfortable glare when viewed directly or used without proper diffusion.



Nighttime Exposure: Bright LED lighting late at night can interfere with normal sleep patterns.



Color Quality Varies: Inexpensive LEDs may render colors less naturally than high-quality lighting.

Effects can vary by brightness, exposure time, time of day, and individual sensitivity. Small adjustments can help improve comfort.

HOW CAN YOU PROTECT YOUR EYES?

Practice the 20/20/20 strategy

While you're using a device that emits blue light, stop every 20 minutes to focus on objects about 20 feet away. Study those objects for 20 seconds before returning to your up-close viewing.

Keep your eyes moist

Eye drops, such as artificial tears, and room humidifiers are all good ways to keep your eyes from becoming too dry and irritated while you're using blue-light-emitting devices.

Use eyeglasses with the right prescription

Squinting at screens for long periods isn't recommended for your eye health. If you wear prescription eyeglasses to correct your vision, make sure you're wearing a prescription intended for the distance between your eyes and your screen — ideally in arm's length away. Most glasses are designed for longer distances.

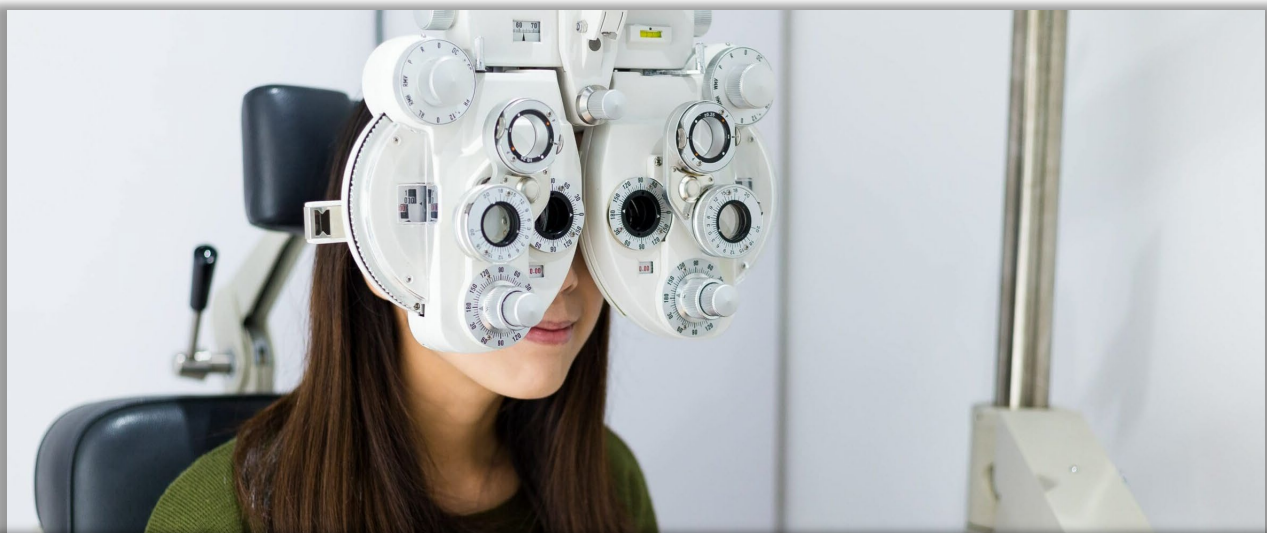
Adjust the blue light on your screen

To reduce the risk of eyestrain and sleep disturbance, enable a “night shift” mode with warmer tones. You can also purchase blue light filtering screen protectors to slip over your computer screen when you're working at night. The filter could reduce your screen's glare.

And 2020 research shows that they've logged 30 to 60% of blue light, though it isn't clear whether blocking the blue light will help preserve the sleep wake cycle for those who use backlit screens before bedtime

BE PROACTIVE

“An ounce of prevention is worth a pound of cure”



ANNUAL EYE EXAMS

Include annual eye exams in your annual checkup schedule (Physical, Dental, etc.). All Riverside County Employees are eligible for free eye exams independent of their health insurance. Contact VSP for more information.

[Affordable Vision Insurance | VSP Individual Vision Plans](#)



LIGHTING ASSESSMENTS

Upon approval, the Safety Loss Control Industrial Hygienist can conduct an illumination assessment at your facility. Contact your supervisor for more information.